

ANXIETY DISORDERS

TREATMENT AND SUPPORT INFORMATION

Greater Montreal Area



Concordia University
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Anxiety & OCD Laboratory
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2022

Our Laboratory

Our research focuses on a number of different topics within the broad areas of fear, anxiety and Obsessive-Compulsive disorders. We are particularly interested in research projects that promote a better understanding of problems and processes associated with anxiety disorders and/or that contribute to the ongoing development of cognitive-behaviour therapy for anxiety, obsessive-compulsive disorders and their related problems.

A large portion of work done in the lab could easily fall under the broad description of “experimental psychopathology”, in which we manipulate a variety of psychological factors to assess their influence on aspects of fear and anxiety disorders. This research focuses on a number of questions including: how people process different types of information under different emotional states and how various cognitive and behavioural factors promote the onset and/or maintenance of a variety of anxiety disorders.

Other work in the lab has directly assessed the utility of a variety of treatment components proposed to improve the effectiveness of cognitive-behaviour therapy. We are not a treatment center but we are interested in conducting research and disseminating findings that clinical psychologists can use to help their clients and patients.

Whether you are someone who suffers from an obsessive-compulsive or an anxiety disorder, a potential participant, a concerned family member, a prospective student or simply someone who is interested in our work, we hope that you find this information useful and informative.

In this manual can be found a compilation of the coordinates of treatment and support groups in the greater Montreal region.

If you are interested in our research and would like some information about participating in one or more of our studies, you may go to our website at:

<https://www.radomskylab.ca/>

You may also contact us by e-mail at cbt@concordia.ca.

Please note that we have not reviewed each and every treatment resource listed here and as such cannot guarantee or comment on the quality or type of therapy or support offered by the listed resources. This list is not intended to be exhaustive, nor does our laboratory, the Psychology Department, or Concordia University, necessarily endorse these resources. We have simply provided here a list that we hope will be helpful for people seeking treatment and support services in the Montreal area.

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Anxiety, Obsessive-Compulsive, Trauma-and Stressor-Related, and Depressive Disorders

Descriptions

(A diagnosis can only be made by a licensed Physician or registered Clinical Psychologist)

Panic Disorder: Anxiety Disorder

The essential feature of a Panic Attack is an abrupt surge of intense fear or intense discomfort in the absence of any real danger. It is accompanied by at least 4 of 13 physical or cognitive symptoms. Symptoms can include palpitations, sweating, trembling or shaking, sensations of shortness of breath, or smothering, feeling of choking, chest pain or discomfort, nausea or abdominal distress, dizziness or lightheadedness, derealization or depersonalization, fear of losing control or “going crazy”, fear of dying, paresthesias, and chills or hot flushes. The attack has a sudden onset and builds to a peak rapidly (usually in 10 minutes or less) and is often accompanied by a sense of imminent danger or impending doom and by an urge to escape. There are two characteristic types of Panic Attacks: unexpected (no cue or trigger) and expected (cued or triggered). Recurrent unexpected panic attacks are required for a diagnosis of panic disorder. (adapted from the DSM-5, APA)

Agoraphobia: Anxiety Disorder

The essential feature of Agoraphobia is an intense fear or anxiety about being in 2 or more places or situations from which escape might be difficult or in which help may not be available in the event of a panic attack, or in the event of panic-like symptoms (e.g. fear about having a sudden dizzy spell) or embarrassing symptoms (e.g., having a sudden case of uncontrollable diarrhea). This fear or anxiety often leads to the avoidance of a variety of situations including: leaving the home alone, using public transportation (e.g., buses, airplanes), being in enclosed spaces (e.g., elevators, stores), being in a crowd or being in open spaces (e.g., bridges). (adapted from the DSM-5, APA)

Social Phobia: Anxiety Disorder

The essential feature of Social Phobia is a marked and persistent fear of negative evaluation in social or performance situations. Exposure to the feared social or performance situation almost invariably provokes an immediate anxiety response. This response may take the form of a situationally bound or situationally predisposed panic attack. In children, a diagnosis of social phobia requires the fear of negative evaluation pertain to evaluation from their peers (not just to evaluation from adults). Most often, the social or performance situation is avoided. If the apprehended situation cannot be avoided, it is endured with great distress. The diagnosis is appropriate only if the avoidance, fear, or anxious anticipation of encountering the social or performance situation interferes significantly with the person’s daily routine, occupational functioning, or social life, or if the person is markedly distressed about having the phobia. The fear or avoidance is not due to the direct physiological effects of a substance or a general medical condition. (adapted from the DSM-5, APA)

Specific Phobia: Anxiety Disorder

The essential feature of Specific Phobia is a marked and persistent fear of clearly discernible, circumscribed objects or situations. Exposure to the phobic stimulus almost invariably provokes an immediate anxiety response. This anxiety response is disproportionate to the actual danger posed by the stimulus and may take the form of a situationally predisposed panic attack. Most often, the phobic stimulus is avoided, although it is sometimes endured with dread. The diagnosis is appropriate only if the avoidance, fear, or anxious anticipation of the phobic stimulus interferes significantly with the person's daily routine, occupational functioning, or social life, or if the person is markedly distressed about having the phobia. (adapted from the DSM-5, APA)

Generalized Anxiety Disorder (GAD): Anxiety Disorder

The essential feature of Generalized Anxiety Disorder is excessive anxiety and worry (apprehensive expectation) about a number of events or activities for a period of at least 6 months. The anxiety and worry are accompanied by at least three of the following symptoms: restlessness, increased susceptibility to fatigue, difficulty concentrating, irritability, muscle tension and disturbed sleep. Although individuals with Generalized Anxiety Disorder may not always identify their worries as "excessive," they report subjective distress due to constant worry, have difficulty controlling the worry, or experience worry-related impairment in social, occupational, or other important areas of functioning. The disturbance is not due to the direct physiological effects of a substance or a general medical condition.

"The intensity, duration, or frequency of the anxiety and worry is far out of proportion to the actual likelihood or impact of the feared event. The person finds it difficult to control the worry and to keep worrisome thoughts from interfering with attention to tasks at hand." (adapted from the DSM-5, APA)

Obsessive Compulsive Disorder (OCD): Obsessive-Compulsive Disorder

The essential features of Obsessive-Compulsive Disorder are obsessions or compulsions that are severe enough to be time consuming or to cause marked distress or significant impairment. A diagnosis of OCD requires that the disturbance not be due to the direct physiological effects of a substance or of a general medical condition.

Obsessions are recurrent and persistent thoughts, impulses, or images that are experienced as intrusive and inappropriate and that cause marked anxiety or distress. The most common obsessions are repeated thoughts about contamination, repeated doubts, a persistent need to have things in a particular order, aggressive or horrific impulses, and sexual imagery. The thoughts, impulses or images are not simply excessive worries about real-life problems and are unlikely to be related to a real-life problem. The individual usually tries to rid themselves of their obsessions by ignoring, suppressing or neutralizing the obsession with another thought or action (e.g., compulsion)

Compulsions are repetitive behaviors (e.g., hand washing, ordering and checking) or mental acts (e.g., praying, counting and repeating words silently) that an individual feels driven to perform in order to prevent or reduce anxiety or distress. (adapted from the DSM-5, APA)

Post-Traumatic Stress Disorder: Trauma-and Stressor-Related Disorder

The essential feature of Posttraumatic Stress Disorder is the development of characteristic symptoms following exposure to an extreme traumatic event involving actual or threatened death, serious injury or sexual violence. Exposure to the event must result from personally experiencing the traumatic event, witnessing (in person) as others experience the traumatic event, learning about the violent death or serious harm experienced by a loved one, and/or experiencing repeated or extreme exposure to aversive details of the traumatic event experienced by others.

The characteristic symptoms resulting from the exposure to the extreme trauma include persistent re-experiencing of the traumatic event (e.g., through distressing dreams and flashbacks), persistent avoidance of stimuli associated with the trauma, negative alterations in mood and cognition (e.g., persistent negative emotional states and persistent, distorted cognitions about the cause or consequences of the trauma), and alterations in arousal and reactivity (e.g., sleep disturbances, exaggerated startle reflex and difficulty concentrating)

The disturbance must be present for more than 1 month, and the disturbance must cause clinically significant distress or impairment in social, occupational, or other important areas of functioning. (adapted from the DSM-5, APA)

Major Depressive Disorder: Depressive Disorder

Major Depressive Disorder can be diagnosed in the case of a single or recurrent major depressive episode. "The essential feature of a major depressive episode is a period of at least 2 weeks during which there is either depressed mood or the loss of interest or pleasure in nearly all activities". In addition, the individual must experience at least five of the following symptoms: changes in appetite or weight, sleep, and psychomotor activity; decreased energy; feelings of worthlessness or guilt; difficulty thinking, concentrating, or making decisions; and recurrent thoughts of death or suicidal ideation, plans, or attempts. "To count toward a major depressive episode, a symptom must either be newly present or must have clearly worsened compared with the person's pre-episode status. The symptoms must persist for most of the day, nearly every day, for at least 2 consecutive weeks. The episode must be accompanied by clinically significant distress or impairment in social, occupational, or other important areas of functioning. For some individuals with milder episodes, functioning may appear to be normal but requires markedly increased effort."

To diagnose Major Depressive Disorder, the major depressive episode(s) cannot be due to the direct physiological effects of substance use, medications, or toxin exposure. Similarly, the episode cannot be due to the direct physiological effects of a general medical condition (e.g. hypothyroidism). A diagnosis of Major Depressive Disorder also requires that the major depressive disorder not be due to a schizophrenia spectrum or other psychotic disorder and that the individual has never experienced a manic or hypomanic episode. (adapted from the DSM-5, APA)

Panic Disorder, Specific Phobia & Agoraphobia

Treatment and Support Services

Treatment Services

Concordia University, Applied Psychology Centre (APC)

Location: Loyola Campus – Psychology Building (PY-111) Montreal, Quebec

Tel: 514-848-2424 x. 7550

Services: The APC offers individual psychotherapy, as well as couples and family therapy for adults, children, and adolescents. Child assessments also offered (*see fees below*). Specialists in anxiety and panic, depression, relationship problems, and motivation are present. No crisis intervention available and clients require a prior appointment. Clients can telephone for an appointment themselves and should request cognitive-behaviour therapy (*please note that the services listed are offered based on the specializations of the Supervisors available in the current period*). Services available during the school year from September to April.

Physician Referral: No

Fee: max \$40/ visit. Sliding scale - clients having financial difficulties are able to have a reduced fee.

Child assessments: \$600

Website: <https://www.concordia.ca/artsci/psychology/facilities-services/apc.html>

L'Ordre des psychologues du Quebec

Services: Referrals to licensed clinical psychologist in the province of Quebec.

Location: 1100 Avenue Beaumont #510, Mont-Royal, QC H3P 3H5

Tel: (514) 738-1223 Toll Free: 1 800 561-1223

Email: info@ordrepsy.qc.ca

Website: <http://www.ordrepsy.qc.ca/>

Emotional Health CBT Clinic (affiliated with McGill University Health Centre)

Location: Queen Elizabeth Health Complex, 2100 Marlow Avenue, Suite 261, Montreal, Quebec

Tel: 514-485-7772

Email: info@cbtclinic.ca

Services: Individual cognitive behavioural therapy for depression and dysthymia; panic and agoraphobia; generalized anxiety; OCD; low self-esteem; phobia; social anxiety; PTSD; relationship difficulties; anger; eating disorders; procrastination; sleep disorders. Visit website for more information. Please be advised that a 2 hour evaluation is required prior to beginning therapy.

Website: <http://cbtclinic.ca/>

Fee: \$185

Institut universitaire en santé mentale de Montréal

Location: 7331 Hochelaga St., Montreal, Quebec, H1N 3V2

Tel: 514 251-4050

Services: Treatment for depression, bipolar disorder, anxiety related disorders, phobias; art therapy also offered

Website: <http://www.iusmm.ca/>

Crisis Hotline: 514-351-9592

Support Services for Panic Disorder, Specific Phobia, Agoraphobia

Canadian Mental Health Association

Services: Groups for people suffering from depression, grief, the trauma of sexual assault, eating disorders, and phobias.

Phone: 514-521-4993

Location: 55, ave du Mont-Royal Ouest, bureau 605, Montréal, QC, H2T 2S6

Emergency Hotline: 1-866-277-3553

Email: acsmmtl@cooptel.qc.ca

Website: <http://www.acsmmontreal.qc.ca>

Phobie Zero

Can call for info regarding a group that meets in areas surrounding Montreal, Laval and the South Shore (support group for anxiety). Membership fee is 20\$ per year and 5\$ per meeting thereafter. Call for location, date and time of meetings. Can also call regarding potential therapy services.

Tel: 450-922-5964 or Toll Free 1-866-922-0002

Hotline: 514-276-3105

Email: admin@phobies-zero.qc.ca

Website: <http://www.phobies-zero.qc.ca/>

**More information and treatment/support information can be found in the; General Treatment and Support Information for Anxiety and Related Disorders section.*

General Anxiety Disorder (GAD)

Treatment and Support Services

Treatment Services

Concordia University, Applied Psychology Centre (APC)

Location: Loyola Campus – Psychology Building (PY-111) Montreal, Quebec

Tel: 514-848-2424 x. 7550

Services: The APC offers individual psychotherapy, as well as couples and family therapy for adults, children, and adolescents. Child assessments also offered (*see fees below*). Specialists in anxiety and panic, depression, relationship problems, and motivation are present. No crisis intervention available and clients require a prior appointment. Clients can telephone for an appointment themselves and should request cognitive-behaviour therapy (*please note that the services listed are offered based on the specializations of the Supervisors available in the current period*). Services available during the school year from September to April.

Physician Referral: Not required

Fee: max \$40/ visit. Sliding scale - clients having financial difficulties are able to have a reduced fee.

Child assessments: \$600

Website: <https://www.concordia.ca/artsci/psychology/facilities-services/apc.html>

L'Ordre des psychologues du Quebec

Services: Referrals to licensed clinical psychologist in the province of Quebec.

Location: 1100 Avenue Beaumont #510, Mont-Royal, QC H3P 3H5

Tel: (514) 738-1223 Toll Free: 1 800 561-1223

Email: info@ordrepsy.qc.ca

Website: <http://www.ordrepsy.qc.ca/>

Hôpital du Sacré-Coeur de Montréal – Clinique des Troubles Anxieux

Location: 1575 Boul. Henri-Bourassa Ouest, Suite 505, Montreal, Quebec H3M 3A9

Tel: 514-338-4201

Fax: 514-338-4201

Services: Primarily French service. Offers individual cognitive-behavioural therapy for GAD and anxiety.

Physician Referral: Yes, or must live in the area.

McGill University Health Centre – Allan Memorial Institute

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-398-7293

Fax: 514-398-4370

Services: Individual Cognitive Behavioural Therapy

Referral: Written referral and consultation

Emotional Health CBT Clinic (affiliated with McGill University Health Centre)

Location: Queen Elizabeth Health Complex, 2100 Marlow Avenue, Suite 261, Montreal, Quebec

Tel: 514-485-7772

Email: info@cbtclinic.ca

Services: Individual cognitive behavioural therapy for depression and dysthymia; panic and agoraphobia; generalized anxiety; OCD; low self-esteem; phobia; social anxiety; PTSD; relationship difficulties; anger; eating disorders; procrastination; sleep disorders. Visit website for more information. Please be advised that a 2 hour

evaluation is required prior to beginning therapy.

Website: <http://cbtclinic.ca/>

Fee: \$185

Institut universitaire en santé mentale de Montréal

Location: 7331 Hochelaga St., Montreal, Quebec, H1N 3V2

Tel: 514 251-4050

Services: Treatment for depression, bipolar disorder, anxiety related disorders, phobias; art therapy also offered

Website: <http://www.iusmm.ca/>

Crisis Hotline: 514-351-9592

Support Services for Generalized Anxiety Disorder

Friends for Mental Health

Location: 186 Sutton Place – Suite 121, Beaconsfield, Quebec, H9W 51S3; *Primarily serving those in the West Island*

Tel: 514-636-6885

Fax: 514-636-2862

Email: info@asmfmh.org

Services: Primarily family support. Support and discussion groups, as well as individual counselling offered.

Training workshops also available. Call general phone line for more information

Membership fee: \$30 for an individual; \$40 for family

Website: <http://www.asmfmh.org/html/english/index.html>

Canadian Mental Health Association

Services: Groups for people suffering from depression, grief, the trauma of sexual assault, eating disorders, and phobias.

Phone: 514-521-4993

Location: 55, ave du Mont-Royal Ouest, bureau 605, Montréal, QC, H2T 2S6

Emergency Hotline: 1-866-277-3553

Email: acsmmtl@cooptel.qc.ca

Website: <http://www.acsmmontreal.qc.ca>

**More information and treatment/support information can be found in the; General Treatment and Support Information for Anxiety and Related Disorders section.*

Obsessive Compulsive Disorder (OCD)

Treatment and Support Services

Treatment Services

Concordia University, Applied Psychology Centre (APC)

Location: Loyola Campus – Psychology Building (PY-111) Montreal, Quebec

Tel: 514-848–2424 x. 7550

Services: The APC offers individual psychotherapy, as well as couples and family therapy for adults, children, and adolescents. Child assessments also offered (*see fees below*). Specialists in anxiety and panic, depression, relationship problems, and motivation are present. No crisis intervention available and clients require a prior appointment. Clients can telephone for an appointment themselves and should request cognitive-behaviour therapy (*please note that the services listed are offered based on the specializations of the Supervisors available in the current period*). Services available during the school year from September to April.

Physician Referral: No

Fee: max \$40/ visit. Sliding scale - clients having financial difficulties are able to have a reduced fee.

Child assessments: \$600

Website: <https://www.concordia.ca/artsci/psychology/facilities-services/apc.html>

L'Ordre des psychologues du Quebec

Services: Referrals to licensed clinical psychologist in the province of Quebec.

Location: 1100 Avenue Beaumont #510, Mont-Royal, QC H3P 3H5

Tel: (514) 738-1223 Toll Free: 1 800 561-1223

Email: info@ordrepsy.qc.ca

Website: <http://www.ordrepsy.qc.ca/>

McGill University Health Centre – Allan Memorial Institute

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-398-7293

Fax: 514-398-4370

Services: Individual Cognitive Behavioural Therapy

Referral: Written referral and consultation

MUHC Cognitive Behavioural Therapy Unit

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-934-1934 Ext: 35533

Services: Individual Cognitive Behavioural Therapy

Referral: Written referral and consultation

Website: <https://muhc.ca/mentalhealth/page/cognitive-behavioural-therapy-unit>

Emotional Health CBT Clinic (affiliated with McGill University Health Centre)

Location: Queen Elizabeth Health Complex, 2100 Marlow Avenue, Suite 261, Montreal, Quebec

Tel: 514-485-7772

Email: info@cbtclinic.ca

Services: Individual cognitive behavioural therapy for depression and dysthymia; panic and agoraphobia; generalized anxiety; OCD; low self-esteem; phobia; social anxiety; PTSD; relationship difficulties; anger; eating disorders; procrastination; sleep disorders. Visit website for more information. Please be advised that a 2 hour

evaluation is required prior to beginning therapy.

Website: <http://cbtclinic.ca/>

Fee: \$185

Support Services for Obsessive Compulsive Disorder

Quebec Obsessive Compulsive Foundation Inc.

Fondation Québécoise pour le Trouble Obsessionnel-Compulsif

Location: postale 128, Succursale Saint-Michel, Montréal (QC), H2A 3L9

Tel: 514-727-0012, outside Montreal: 1-888-727-0012

E-mail: fqtoc@hotmail.com

Services: Monthly support groups for family members and consumers

Website: <http://www.fqtoc.com/>

Friends for Mental Health

Location: 186 Sutton Place – Suite 121, Beaconsfield, Quebec, H9W 51S3; *Primarily serving those in the West Island*

Tel: 514-636-6885

Fax: 514-636-2862

Email: info@asmfmh.org

Services: Primarily family support. Support and discussion groups, as well as individual counselling offered.

Training workshops also available. Call general phone line for more information.

Membership fee: \$30 for an individual; \$40 for family

Website: <http://www.asmfmh.org/html/english/index.html>

AMI Quebec – Action On Mental Illness

Location: 5800 Decarie Boulevard, Montreal, QC, H3X 2J5

Tel: 514-486-1448

Fax: 514-486-6157

Toll Free: 1-877-303-0264 (outside Montreal)

Services: Self-help and mutual aid (support groups); education and information (lectures, newsletters).

Support group that meets once a month for OCD, please call or consult website for dates.

E-mail: info@amiquebec.org

Website: <http://amiquebec>

Jewish General Hospital (AMI Quebec)

Lady B. Davis Building

Location: 4333 Cote St. Catherine Road, Ground floor – enter building and turn right

Tel: 514-486-1448

Services: Support groups for Anxiety; Bipolar Disorder; Depression; Hoarding; OCD. Family support groups also offered. Please call or consult website for dates– *Mondays 6:30pm-8:00pm*

Fee: Free

Website: <http://www.amiquebec.org/SupportandEducation.htm>

Canadian Mental Health Association

Services: Groups for people suffering from depression, grief, the trauma of sexual assault, eating disorders, and phobias.

Phone: 514-521-4993

Location: 55, ave du Mont-Royal Ouest, bureau 605, Montréal, QC, H2T 2S6

Emergency Hotline: 1-866-277-3553

Email: acsmmtl@cooptel.qc.ca

Website: <http://www.acsmmontreal.qc.ca>

**More information and treatment/support information can be found in the; General Treatment and Support Information for Anxiety and Related Disorders section*

Post-Traumatic Stress Disorder

Treatment and Support Services

Treatment Services

Concordia University, Applied Psychology Centre (APC)

Location: Loyola Campus – Psychology Building (PY-111) Montreal, Quebec

Tel: 514-848-2424 x. 7550

Services: The APC offers individual psychotherapy, as well as couples and family therapy for adults, children, and adolescents. Child assessments also offered (*see fees below*). Specialists in anxiety and panic, depression, relationship problems, and motivation are present. No crisis intervention available and clients require a prior appointment. Clients can telephone for an appointment themselves and should request cognitive-behaviour therapy (*please note that the services listed are offered based on the specializations of the Supervisors available in the current period*). Services available during the school year from September to April.

Physician Referral: No

Fee: max \$40/ visit. Sliding scale - clients having financial difficulties are able to have a reduced fee.

Child assessments: \$600

Website: <https://www.concordia.ca/artsci/psychology/facilities-services/apc.html>

L'Ordre des psychologues du Quebec

Services: Referrals to licensed clinical psychologist in the province of Quebec.

Location: 1100 Avenue Beaumont #510, Mont-Royal, QC H3P 3H5

Tel: (514) 738-1223 Toll Free: 1 800 561-1223

Email: info@ordrepsy.qc.ca

Website: <http://www.ordrepsy.qc.ca/>

MUHC Cognitive Behavioural Therapy Unit

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-934-1934 Ext: 35533

Services: Individual Cognitive Behavioural Therapy

Referral: Written referral and consultation.

Website: <https://muhc.ca/mentalhealth/page/cognitive-behavioural-therapy-unit>

MUHC Anxiety Program

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-934-1934 Ext: 35533

Services: Pharmacotherapy, psychotherapy, and family therapy

Referral: Written referral and consultation required

Website: <https://muhc.ca/mental-health/page/anxiety-program-6>

MUHC Addictions Unit

Department of Psychiatry

Location: 1547 Pine Avenue West, Montreal, Quebec, CANADA, H3G 1B3

Tel: 514-934-8311

Services: Out-patient and in-patient services for alcohol and drug addiction

Website: https://muhc.ca/addictions_unit/page/care-and-support-service

Support Services for Post-Traumatic Stress Disorder

Crisis Centre (West Island)

Services: Offers a crisis hotline for various disorders (esp. depression, OCD, as well as problems related to conjugal violence; also offer housing services, short term follow-up, and a mobile intervention service for those in certain situations; can call for info about some support groups; mostly French)

Tel: 514-684-6160 (24 hour line)

Website: <https://www.centredecriseoi.com/en/about.html>

Veteran Support—Transition to Communities

The Transitions to Communities program runs six times per year in the Montréal area. Each week of the program focuses on a specific aspect of personal, social and professional development with leadership and instruction by a subject matter expert.

Phone: (514) 487-0165

Online Registration Form: <https://vetstransitions.ca/montreal/>

Email: scmontreal@mdsc.ca

**More information and treatment/support information can be found in the; General Treatment and Support Information for Anxiety and Related Disorders section.*

Major Depressive Disorder

Treatment and Support Services

Treatment Services

Concordia University, Applied Psychology Centre (APC)

Location: Loyola Campus – Psychology Building (PY-111) Montreal, Quebec

Tel: 514-848-2424 x. 7550

Services: The APC offers individual psychotherapy, as well as couples and family therapy for adults, children, and adolescents. Child assessments also offered (*see fees below*). Specialists in anxiety and panic, depression, relationship problems, and motivation are present. No crisis intervention available and clients require a prior appointment. Clients can telephone for an appointment themselves and should request cognitive-behaviour therapy (*please note that the services listed are offered based on the specializations of the Supervisors available in the current period*). Services available during the school year from September to April.

Physician Referral: No

Fee: max \$40/ visit. Sliding scale - clients having financial difficulties are able to have a reduced fee.

Child assessments: \$600

Website: <https://www.concordia.ca/artsci/psychology/facilities-services/apc.html>

L'Ordre des psychologues du Quebec

Services: Referrals to licensed clinical psychologist in the province of Quebec.

Location: 1100 Avenue Beaumont #510, Mont-Royal, QC H3P 3H5

Tel: (514) 738-1223 Toll Free: 1 800 561-1223

Email: info@ordrepsy.qc.ca

Website: <http://www.ordrepsy.qc.ca/>

MUHC Cognitive Behavioural Therapy Unit

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-934-1934 Ext: 35533

Services: Individual Cognitive Behavioural Therapy

Referral: Written referral and consultation.

Website: <https://muhc.ca/mentalhealth/page/cognitive-behavioural-therapy-unit>

MUHC Anxiety Program

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-934-1934 Ext: 35533

Services: Pharmacotherapy, psychotherapy, and family therapy

Referral: Written referral and consultation

Website: <https://muhc.ca/mental-health/page/anxiety-program-6>

MUHC Mood Disorders Program

Department of Psychiatry

Location: Royal Victoria Hospital, Allan Memorial Institute, 1025 Pine Ave West, Montreal, QC H3A 1A1

Tel: 514-934-8311

Services: Physical therapies; rTMS; psychoeducation; cognitive behavioural therapy; family therapy; occupational therapy; social services, psychogeriatric services also offered

Website: <https://muhc.ca/mental-health/page/mood-disorders-program>

Emotional Health CBT Clinic (affiliated with McGill University Health Centre)

Location: Queen Elizabeth Health Complex, 2100 Marlow Avenue, Suite 261, Montreal, Quebec

Tel: 514-485-7772

Email: info@cbtclinic.ca

Services: Individual cognitive behavioural therapy for depression and dysthymia; panic and agoraphobia; generalized anxiety; OCD; low self-esteem; phobia; social anxiety; PTSD; relationship difficulties; anger; eating disorders; procrastination; sleep disorders. Visit website for more information. Please be advised that a 2 hour evaluation is required prior to beginning therapy.

Website: <http://cbtclinic.ca/>

Fee: \$185

Institut universitaire en santé mentale de Montréal

Location: 7331 Hochelaga St., Montreal, Quebec, H1N 3V2

Tel: 514 251-4050

Services: Treatment for depression, bipolar disorder, anxiety related disorders, phobias; art therapy also offered

Website: <http://www.iusmm.ca/>

Crisis Hotline: 514-351-9592

Support Services for Major Depressive Disorder

Friends for Mental Health

Location: 186 Sutton Place – Suite 121, Beaconsfield, Quebec, H9W 51S3; *Primarily serving those in the West Island*

Tel: 514-636-6885

Fax: 514-636-2862

Email: info@asmfmh.org

Services: Primarily family support. Support and discussion groups, as well as individual counselling offered.

Training workshops also available. Call general phone line for more information

Membership fee: \$30 for an individual; \$40 for family

Website: <http://www.asmfmh.org/html/english/index.html>

AMI Quebec – Action On Mental Illness

Location: 5800 Decarie Boulevard, Montreal, QC, H3X 2J5

Tel: 514-486-1448

Fax: 514-486-6157

Toll Free: 1-877-303-0264 (outside Montreal)

Services: Self-help and mutual aid (support groups); education and information (lectures, newsletters).

Support group that meets once a month for OCD, please call or consult website for dates.

E-mail: info@amiquebec.org

Website: <http://amiquebec.org/>

Suicide Action Montréal

Location: 2345 Belanger Street, Montreal, QC, H2G 1C9

Tel: 514-723-4000

Throughout Quebec: 1-866-APPELLE

Services: Telephone service; information sessions for the family and friends of a suicidal person;

support groups for those who are bereaved by suicide; individual help programs for widowers

(aged 55 years and over); a correspondence with suicidal individuals.

Website: <http://www.suicideactionmontreal.org>

Canadian Mental Health Association

Services: Groups for people suffering from depression, grief, the trauma of sexual assault, eating disorders, and phobias.

Phone: 514-521-4993

Location: 55, ave du Mont-Royal Ouest, bureau 605, Montréal, QC, H2T 2S6

Emergency Hotline: 1-866-277-3553

Email: acsmmtl@cooptel.qc.ca

Website: <http://www.acsmmontreal.qc.ca>

**More information and treatment/support information can be found in the; General Treatment and Support Information for Anxiety and Related Disorders section.*

General Treatment and Support Information for Anxiety and Related Disorders

Referral Organizations

L'Ordre des psychologues du Quebec

Services: Referrals to licensed clinical psychologist in the province of Quebec.

Location: 1100 Avenue Beaumont #510, Mont-Royal, QC H3P 3H5

Tel: (514) 738-1223 Toll Free: 1 800 561-1223

Email: info@ordrepsy.qc.ca

Website: <http://www.ordrepsy.qc.ca/>

Centre de Reference du Grand Montreal (Montreal)

Services: Referrals to local self-help groups. Assistance to new and existing groups. Publishes directory of self-help groups. Write: Ctr. de Ref. du Grand Montreal, 801 Sherbrooke East, #401, Montreal, Quebec H2L 1K7 Canada.

Location: 3155 Rue Hochelaga, Montréal, QC H1W 1G4

Tel: 514-527-1375; FAX: 514-527-9712.

Email: crgm@info-reference.qc.ca

Website: <http://www.info-reference.qc.ca/www/Home.php?locale=fr-CA>

West Island Community Resource Centre (Pointe Claire)

Services: Provides an information and referral service and strengthens and supports the development of the West Island community in collaboration with community partners.

Location: 114 Donegani, Pointe Claire, Quebec H9R 2W3 Canada.

Tel: (514) 527-1375

Email: brigitte.gagnon@info-reference.qc.ca

Website: <http://www.crcinfo.ca>

Hospitals (must have referral from physician)

Montreal General Hospital –McGill University Health Centre

Services: For mood, anxiety and generalized disorders. Group Therapy, Psychotherapy.

Location: 1650 Cedar Ave, Montreal, QC H3G 1A4

Tel: (514) 934-1934

Website: <https://muhc.ca/mgh/dashboard>

Jewish General Hospital (Centre-West Montreal)

Services: Screening clinic and psychiatric intervention for patients in the sector who are seen in emergency and are able to be treated on an outpatient basis. Admitted patients receive cognitive-behavioural therapy and short term psychotherapy.

Location: 5750 Côte-des-Neiges Rd, Montreal, QC H3S 1Y9

Physician Referral: An assessment and referral is required.

Tel: 514-340-8222

MUHC Anxiety Program

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-934-1934 Ext: 35533

Services: Pharmacotherapy, psychotherapy, and family therapy

Referral: Written referral and consultation required

Website: <https://muhc.ca/mental-health/page/anxiety-program-6>

MUHC Cognitive Behavioural Therapy Unit

Department of Psychiatry

Location: 1033 Pine Ave. West, Montreal, Quebec

Tel: 514-934-1934 Ext: 35533

Services: Individual Cognitive Behavioural Therapy

Referral: Written referral and consultation.

Website: <https://muhc.ca/mentalhealth/page/cognitive-behavioural-therapy-unit>

St. Mary's Hospital Centre (Center-West Montreal)

Location: 3830 Lacombe Avenue, Montreal, Quebec H3T 1M5

Services: Intake Assessments, Individual Psychotherapy, Psychological testing, Psychiatry

Emergency Crisis Service, Group Psychotherapy, Education and Consultation

Services for those in the areas of Cote des Neiges, Town of Mount Royal and the Anglophone population of Outremont.

Monday-Friday 8:30 to 4:30pm (go to emergency room for after hours)

Tel: 514-345-3511

Website: <http://www.smhc.qc.ca/en/>

Lakeshore General (West Island)

Psychiatric Department

Services: Assessment, counselling and treatment services offered. *Must have referral from family doctor or visit Psychosocial Intake Department, located in every CLSC*

Location: 160 Stillview Ave, Pointe Claire, QC H9R 2Y2

Tel: (514) 630-2225 (*main line*); CLSC de Pierrefonds: 514-626-2572, *extension* 3956 CLSC du Lac-Saint-Louis: 514-697-4110, *extension* 1559

Website: <https://ciuss-ouestmtl.gouv.qc.ca/en/care-services/west-island-territory/for-everyone/mental-health-adult/>

Hôpital du Sacre-Coeur de Montreal – Clinique des Troubles Anxieux

Services: Primarily French service. Referral required, or must live in the area.

Address: 1575 Boul. Henri-Bourassa Ouest, Suite 505, Montreal, Quebec H3M 3A9

Tel: 514-338-4201

Fax: 514-338-4201

Clinics

Concordia University, Applied Psychology Centre (APC)

Location: Loyola Campus – Psychology Building (PY-111) Montreal, Quebec

Tel: 514-848-2424 x. 7550

Services: The APC offers individual psychotherapy, as well as couples and family therapy for adults, children, and adolescents. Child assessments also offered (*see fees below*). Specialists in anxiety and panic, depression, relationship problems, and motivation are present. No crisis intervention available and clients require a prior appointment. Clients can telephone for an appointment themselves and should request cognitive-behaviour therapy (*please note that the services listed are offered based on the specializations of the Supervisors available in the current period*). Services available during the school year from September to April.

Physician Referral: No

Fee: max \$40/ visit. Sliding scale - clients having financial difficulties are able to have a reduced fee.

Child assessments: \$600

Website: <https://www.concordia.ca/artsci/psychology/facilities-services/apc.html>

Foster Pavillion, Drug and Alcohol Treatment Centre

Location: 3285 boulevard Cavendish, Suite 100, Montreal Quebec, H4B 2L9

Tel: 514-486-1304

Fax: 514-486-2831

Toll Free: 1-866-851-2255

Services: Rehabilitation, substance abuse, gambling, and cyber dependence therapies. Family support also offered.

Website: <http://www.crdfoster.org/-Home->

Cognitive Behaviour Therapy Service

Director: Luisa Camel, Ph.D.

Location: Queen Elizabeth Health Complex, 2100 Marlow Avenue #261, Montreal, Quebec

Tel: 514-485-7772 Ask for Ms. Ronit Milo

Services: Individual cognitive behavioural therapy for anxiety, social anxiety, depression, and related disorders.

Outpatient behavioural treatment for individuals with phobias (including agoraphobia and panic attacks); obsessive-compulsive disorders; stress related disorders (psychosomatic); weight loss; exam anxiety and study skills; bulimia nervosa, social anxiety (shyness). All treatments provided on a fee-for-service basis.

Fee: sliding scale 65-125\$

Email: info@cbtclinic.ca

Website: <http://cbtclinic.ca/>

Clinque d'Anxiété de Montreal

Services: CBT-based treatment specialization in anxiety disorders, stress and phobias.

Director: Alain Berger

Fee: Sliding scale

Location: 1223, Rue Bélanger, Montreal, Quebec, H2S 1H7

Tel: 514-769-1117

Email: info@psy anxietemontreal.com

Website: <http://www.psy anxietemontreal.com/en/welcome.html>

Emotional Health CBT Clinic (affiliated with McGill University Health Centre)

Location: Queen Elizabeth Health Complex, 2100 Marlow Avenue, Suite 261, Montreal, Quebec

Tel: 514-485-7772

Email: info@cbtclinic.ca

Services: Individual cognitive behavioural therapy for depression and dysthymia; panic and agoraphobia; generalized anxiety; OCD; low self-esteem; phobia; social anxiety; PTSD; relationship difficulties; anger; eating disorders; procrastination; sleep disorders. Visit website for more information. Please be advised that a 2 hour evaluation is required prior to beginning therapy.

Website: <http://cbtclinic.ca/>

Fee: \$185

Support Groups

IMPACT Mental Health Support Centre (French Services)

For various chronic mental disorders without drug/alcohol abuse.

Day Center: 1pm – 5pm. Can come and play games & socialize, play pool, picnic etc. *Must have a referral, all*

potential participants must call first.

Please note that a follow up call from IMPACT to our lab will be necessary to assess general subject functioning abilities.

Fee: No charge to become a member, however some groups may charge a cover fee of \$3 for materials.

Location: 2460 Saint Antoine Street, Suite 107, Montreal, Quebec, H3J 1B1, Canada

Director: Mrs. Lucie Côté

Tel: 514-939-3132

PRACOM Support Group

General disorders, based on the individual's needs Day and evening social integration program. Individual therapy.

Location: 1995 Marie Anne Street East, Montreal, Quebec, H2H 1M3, Canada

Tel: 514-527-6766 or 514-598-0688

Email: info@pracominc.org

Website : <http://www.pracominc.org/>

Concordia Women's Centre/ 2110 Center for Gender Advocacy

Service: Drop-in Peer Support. Drop-in hours to access peer support – no appointment necessary.

Mondays and Wednesdays 3pm – 5pm and Fridays 10am – 12pm

Location: 2110 Mackay St., Montreal

Tel: 514-848-2424 ext. 7431; 514-937-9714 (*booking appointments*)

Fax: 514-848-8630

Email: peersupport@genderadvocacy.org

Website: <http://www.centre2110.org>

Women Aware

Support groups for women experiencing conjugal violence.

Director: Evelyn Rodriques

Tel (Administration): 514-908-9014

Support Hotline: 1-866-489-1110 or 514-489-1110

Email: womenaware@bellnet.ca

Location : P.O. Box 135, Montreal, Quebec H4A 3P5

Website: <http://www.womenaware.ca>

Mary's Recovery/Cognitive Principles

Services: Workshops for people suffering from: Postpartum / Depression, Anxiety, Panic, Stress, Anger, A.D.D., O.C.D.

Location: Westmount YMCA, 4585 Sherbrooke St W, Westmount, QC, H3Z 1E9

Tel: 514-485-2194

Website: <http://www.marysrecovery.com/>

Email: marymajor434@gmail.com

Sex and Love Addicts Anonymous (SLAA)

Services: Support group for those with a pattern of sex and love addiction. Online meetings also offered.

Please see website for current schedules & locations: <http://dasa-slaa-mtl.cbti.net/meetings.htm>

Tel: 514-983-0671

Montreal website: <http://dasa-slaa-mtl.cbti.net/home.html>

La clé des champs

Agoraphobia; Social Phobia; Panic Disorder, General Anxiety Disorder.

Support groups in French and English at several different locations throughout Montreal. All groups are directed by previous group members. Exchange and discuss issues on living with anxiety. Interested individuals must call for more information.

Address: 95 boulevard Henri-Bourassa Ouest, bureau #101, Montréal QC, H3L 1M8

Tel: (514) 334-1587

Fax: 514-461-1351

Email: lacle@lacleschamps.org

Website: <http://www.lacleschamps.org>

Quebec Obsessive Compulsive Foundation Inc.

Fondation Québécoise pour le Trouble Obsessionnel-Compulsif

Location: postale 128, Succursale Saint-Michel, Montréal (QC), H2A 3L9

Tel: 514-727-0012, outside Montreal: 1-888-727-0012

E-mail: fqtoc@hotmail.com

Services: Monthly support groups for family members and consumers

Website: <https://www.fqtoc.com/>

Telephone Support Services

Tel-Aide

Address: P.O. Box 205, Stn. SH Montreal, Quebec

Tel: 514-935-1101

Services: Provides a telephone listening service to callers who feel depressed, lonely, troubled, who are without hope, and may be at the end of their endurance. Telephone service offers immediacy, anonymity, and confidentiality.

Website: <http://www.telaide.org>

Women Aware

Support groups for women experiencing conjugal violence.

Director: Evelyn Rodriques

Tel (Administration): 514-908-9014

Support Hotline: 1-866-489-1110 or 514-489-1110

Email: womenaware@bellnet.ca

Location : P.O. Box 135, Montreal, Quebec H4A 3P5

Website: <http://www.womenaware.ca>

Self Help Against Depression (SHAD)

Services: telephone support, counselling, and workshops for depression & anxiety. Non-directed group therapy and other services.

Tel: 514-684-9896

Crisis Centre (West Island)

Services: Offers a crisis hotline for various disorders (esp. depression, OCD, as well as problems related to conjugal violence; also offer housing services, short term follow-up, and a mobile intervention service for those in certain situations; can call for info about some support groups; mostly French)

Tel: 514-684-6160 (24 hour line)

Website: <https://www.centredecriseoi.com/en/about.html>

Undifferentiated/Multiple Services

ADAC/ACTA (Anxiety Disorders Association of Canada)

Registered Canadian non-profit organization aiming to promote the prevention, treatment and management of anxiety disorders and to improve the lives of people who suffer from them. The organization seeks to educate consumers, professionals and the public at large about anxiety disorders so that together, informed treatment choices can be made.

Address: ADAC./ACTA, P.O. Box 117, Station Cote St-Luc, Montreal, QC, H4V 2Y3

Tel: 514-484-0504

Toll free: 1-888-223-2252

E-mail: contactus@anxietycanada.ca

Website: <http://www.anxietycanada.ca/>

Concordia University, Counseling and Development Centre

Loyola Campus

7141 Sherbrooke Street West

Administration Building Room 103

514-848-2424, Ext 3545

Sir George Williams Campus

1455 De Maisonneuve Blvd. West

Hall Building, Room H440

514-848-2424, Ext 3555

Services are open to all currently registered Undergraduate, Graduate, Independent and Continuing Education students. Personal issues can be addressed individually in English or French. Students from all cultural and ethnic backgrounds, differing sexual orientations and physical abilities are welcome and encouraged to meet with a counselor. Counselors are available on both the Sir George Williams and Loyola campuses. Please call or drop-in to our offices to make an appointment.

Crisis Centre (West Island)

Services: Offers a crisis hotline for various disorders (esp. depression, OCD, as well as problems related to conjugal violence); also offer housing services, short term follow-up, and a mobile intervention service for those in certain situations; can call for info about some support groups; mostly French)

Tel: 514-684-6160 (24 hour line)

Website: <https://www.centredecriseoi.com/en/about.html>

Canadian Mental Health Association

Services: Groups for people suffering from depression, grief, the trauma of sexual assault, eating disorders, and phobias.

Phone: 514-521-4993

Location: 55, ave du Mont-Royal Ouest, bureau 605, Montréal, QC, H2T 2S6

Emergency Hotline: 1-866-277-3553

Email: acsmmtl@cooptel.qc.ca

Website: <http://www.acsmmontreal.qc.ca>

AMI Quebec – Action On Mental Illness

Location: 5800 Decarie Boulevard, Montreal, QC, H3X 2J5

Tel: 514-486-1448

Fax: 514-486-6157

Toll Free: 1-877-303-0264 (outside Montreal)

Services: Self-help and mutual aid (support groups); education and information (lectures, newsletters). Support group that meets once a month for OCD, please call or consult website for dates.

E-mail: info@amiquebec.org

Website: <http://amiquebec.org/>

Friends for Mental Health

Location: 186 Sutton Place – Suite 121, Beaconsfield, Quebec, H9W 51S3; *Primarily serving those in the West Island*

Tel: 514-636-6885

Fax: 514-636-2862

Email: info@asmfmh.org

Services: Primarily family support. Support and discussion groups, as well as individual counselling offered.

Training workshops also available. Call general phone line for more information

Membership fee: \$30 for an individual; \$40 for family

Website: <http://www.asmfmh.org/html/english/index.html>

McGill Psychoeducation and Counselling Clinic

Location: 3700 McTavish, Room 614, Montreal, Quebec, H3A 1Y2

Director: Dr. Jack de Stefano

Services: Psychoeducational Assessments: *The clinic offers comprehensive psychoeducational assessments to children and adolescents, ages 6-20. All assessment reports are written in English, however, depending on the educational needs of the client, some components of the assessment may be administered in French. Potential clients should make the Clinic Coordinator aware of this possibility when they make a request for service*

Counselling and Psychotherapy services also offered to adults (18+)

Tel: (514) 398-4641

Fees: Counselling fees are \$25 per session; Psychoeducational Assessments: \$600 (2 installments of \$300)

Website: <http://www.mcgill.ca/edu-ecp/about/clinic>

MUHC Addictions Unit

Department of Psychiatry

Location: 1547 Pine Avenue West, Montreal, Quebec, H3G 1B3

Tel: 514-934-8311

Services: Out-patient and in-patient services for alcohol and drug addiction

Website: https://muhc.ca/addictions_unit/page/care-and-support-services

Ressources Francophones

ADAC/ACTA (Association Canadienne des Troubles Anxieux)

Notre organisme a pour mission de renseigner les consommateurs, les professionnels et le grand public sur les troubles anxieux de manière à ce que, tous ensemble, nous puissions orienter les gens vers des choix de traitement éclairés.

Adresse: ADAC./ACTA, P.O. Box 117, Station Cote St-Luc, Montreal, QC, H4Y 2Y3

Tél: 514-484-0504

Sans Frais: 1-888-223-2252

Courriel: contactus@anxietycanada.ca

Site Web: <http://www.anxietycanada.ca/>

Aqpamm

Service : Groupe de soutien pour le TOC

Lieu: 1260 Rue Sainte-Catherine Est, Bureau 202A, Montreal, QC, H2L 2H2

Tél: 514-524-7131

Site Web: <http://www.aqpamm.ca>

Centre d'écoute de Laval

Service : Ligne d'écoute

Tél: 450-664-2787

Courriel : cecoutelaval@hotmail.com

Site Web : <http://www.centredecoute.com/>

Centre de Recherche Fernand Seguin

Location: 7331 Hochelaga St., Montreal, Quebec, H1N 3V2

Tel: 514-251-4015

Fax: 514-251-2617

Email: directeur.crfs@sss.gouv.qc.ca

Services: Individual Cognitive Behavioural Therapy

Website: <https://criusmm.ciusss-estmtl.gouv.qc.ca/fr/recherche>

Recherche sur le TOC: <https://criusmm.ciusss-estmtl.gouv.qc.ca/fr/recherche/centres-detudes/centre-detudes-sur-les-troubles-obsessionnels-compulsifs-et-les-tics-cetoc>

Clinique externe consultation de liaison

Tél: 450-668-1010 ext. 2089

Déprimés anonymes

Service : Ligne d'écoute, lundi à vendredi, 10h-22h

Tél: 514-278-2130

Courriel : danonym@cooptel.qc.ca

Site Web: <http://www.deprimesanonymes.org/index.htm>

Fondation Québécoise pour le Trouble Obsessionnel-Compulsif

Mission de favoriser l'intégration sociale de ceux qui souffrent du trouble obsessionnel- compulsif (TOC).

Ses buts sont de renseigner la population sur le TOC et à offrir de l'appui aux personnes qui en sont atteintes et à leurs proches.

Tél: 514-727-0012

Hors Québec : 1-888-727-0012

Courriel : fqtoc@hotmail.com

Site Web : <https://www.fqtoc.com/>

Gai-écoute

Service : Lignes d'écoute

Tél: 514-886-0103 or 1-888-505-1010

Site Web: <http://www.gai-ecoute.qc.ca/>

Groupe d'entraide G.E.M.E.

Service : Thérapie individuel et en groupe pour l'anxiété, dépression, et crise de nerfs

Lieu: 1085 boulevard Ste-Foy, Bureau 232, Longueuil, QC, J4K 1W7

Tél: 450-332-4463

Sans Frais: 1-866-443-4363

Courriel : info@geme.qc.ca

Site Web: <https://www.groupegeme.com/>

Hôpital du Sacré-Coeur de Montréal – Clinique des troubles anxieux

Lieu: 1575 Boul. Henri-Bourassa Ouest, Suite 505, Montréal, Québec H3M 3A9

Tél: 514-338-4201

Télec : 514-338-4201

Services: Service français. Thérapie individuel pour l'anxiété.

Renvoi médecin : Oui, ou doit vivre à Montréal.

La clé des champs

Agoraphobia; Social Phobia; Panic Disorder, General Anxiety Disorder.

Support groups in French and English at several different locations throughout Montreal. All groups are directed by previous group members. Exchange and discuss issues on living with anxiety. Interested individuals must call for more information.

Address: 95 boulevard Henri-Bourassa Ouest, bureau #101, Montréal QC, H3L 1M8

Tel: (514) 334-1587

Fax: 514-461-1351

Email: lacle@lacleschamps.org

Website: <http://www.lacleschamps.org>

Les amis de la santé mentale

186 Sutton Place – Suite 121, Beaconsfield, Quebec, H9W 51S3

Tél: 514-636-6885

Télec : 514-636-2862

Courriel: info@asmfmh.org

Site Web: <http://www.asmfmh.org/html/french/index.html>

Phobie Zero

Est un groupe de soutien et d'entraide pour les personnes, jeunes et adultes souffrant de troubles anxieux incluant le trouble obsessionnel-compulsif. Les services s'adressent également à la famille et aux proches.

Tél: 450-922-5964

Sans Frais: 1-866-922-0002

Hotline: 514-276-3105

Courriel : admin@phobies-zero.qc.ca

Site Web <http://www.phobies-zero.qc.ca/>

CIUSSS Listings

The 28 CLSC's of Montreal are now grouped under 5 CIUSSS (Centre intégré universitaire de santé et de services sociaux).

Together, these 5 CIUSSS include the 12 CSSS (Centre de santé et de services sociaux). No appointments are necessary at a CSSS. For a complete list of CLSC's please see following page.

CIUSSS de l'Ouest-de-l'Île-de Montréal

CSSS West Island	514-630-2225
160, avenue Stillview, Pointe-Claire, H9R 2Y2	
CSSS de Dorval-Lachine-LaSalle	514-362-0650
1900, Rue Notre Dame, Lachine, H8S 2G2	

CIUSSS du Centre-Ouest-de-l'Île-de Montréal

CSSS Cavendish	514-483-7878
5425, avenue Bessborough, Montreal, H4V 2S7	
CSSS de la Montagne	514-731-1386
5700, chemin de la Côte-des-Neiges, Montreal, H3T 2A8	

CIUSSS du Centre-Sud-de-l'Île-de-Montréal

CSSS du Sud-Ouest-Verdun	514-766-0546
6161, rue Laurendeau, Montréal, H4E 3X6	
CSSS Jeanne-Mance	514-525-1900
4625, avenue de Lorimier, Montreal, H2H 2B4	

CIUSSS du Nord-de-l'Île-de-Montréal

CSSS d'Ahuntsic et Montréal-Nord	514-384-2000
1725, boulevard Gouin Est, Montreal H2C 3H6	
CSSS Bordeaux-Cartierville-Saint-Laurent	514-331-2572
11822, avenue du Bois-de-Boulogne. Montréal, H3M 2X6	
CSSS du Coeur-de-l'Île	514-495-6754
1385, rue Jean-Talon Est, Montreal, H2E 1S6	

CIUSSS de l'Est-de-l'Île-de-Montréal

CSSS de la Pointe-de-l'Île	514-356-2572
9503, rue Sherbrooke Est, Montréal H1L 6P2	
CSSS de Saint-Léonard and Saint-Michel	514-722-3000
3130, rue Jarry Est, Montreal, H1Z 4N8	
CSSS Lucille-Teasdale	514-523-1173
3095, rue Sherbrooke East, Montreal, H1W 1B2	

CLSC Listings

CLSC Lac-Saint-Louis (part of the CSSS West Island) 180, avenue Cartier, Pointe-Claire, H9S 4S1	514-697-4110
CLSC Pierrefonds (part of the CSSS West Island) 13800 Gouin Ouest, Pierrefonds, H8Z 3H6	514-626-2572
CLSC de Dorval-Lachine (part of the CSSS de Dorval-Lachine-LaSalle) 1900, rue Notre-Dame, Lachine, H8S 2G2	514-639-0660
CLSC LaSalle (part of the CSSS Dorval-Lachine-LaSalle) 8550, boulevard Newman, LaSalle, H8N 1Y5	514-364-0981
CLSC René-Cassin (part of the CSSS Cavendish) 5800 Cavendish Boulevard, Cote St. Luc, H4W 2T5	514-488-9163
CLSC de Benny Farm (part of the CSSS Cavendish) 6484, avenue de Monkland, Montréal, H4B 1H3	514-484-7878
CLSC Cote-des-Neiges (part of the CSSS de la Montagne) 5700, chemin de la Côte-des-Neiges, Montreal, H3T 2A8	514-731-8531
CLSC Parc Extension (part of the CSSS de la Montagne) 7085, rue Hutchison, Montreal, H3N 1Y9	514-273-9591
CLSC Metro(part of the CSSS de la Montagne) 1801 boulevard de Maisonneuve Ouest # 500, Montreal, H3H 1J9	514-934-0354
CLSC de Verdun (part of the CSSS Sud-Ouest-Verdun) 400, rue de l'Eglise, Verdun, H4G 2M4	514-766-0546
CLSC Saint-Henri (part of the CSSS Sud-Ouest-Verdun) 3833, rue Notre-Dame West, Montreal, H4C 1P8	514-933-7541
CLSC de Ville-Émard-Côte-Saint-Paul (part of the CSSS Sud-Ouest-Verdun) 6161, rue Laurendeau, Montréal, H4E 3X6	514-766-0546
CLSC des Faubourgs (part of the CSSS Jeanne-Mance) CLSC des Faubourgs-Parthenais : 2260, rue Parthenais, Montréal, H2K 3T5 CLSC des Faubourgs-Sainte-Catherine: 66, rue Sainte-Catherine Est, Montréal, H2X 1K6 CLSC des Faubourgs-Visitation : 1705, rue de la Visitation, Montréal, H2L 3C3	514- 527-2361
CLSC Saint-Louis-du-Parc (part of the CSSS Jeanne-Mance) 15, avenue du Mont-Royal Ouest, suite 100, Montréal, H2T 2R9	514-286-9657
CLSC Ahuntsic (part of the CSSS d'Ahuntsic et Montréal-Nord) 1165, boulevard Henri-Bourassa Est, Montréal H2C 3K2	514-381-4221
CLSC Montréal-Nord (part of the CSSS d'Ahuntsic et Montréal-Nord) 11441, boulevard Lacordaire, Montréal-Nord, H1G 4J9	514-327-0400
CLSC Bordeaux-Cartierville (part of the CSSS Bordeaux-Cartierville-Saint-Laurent) 11822 avenue du Bois de Boulogne, Montreal, H3M 2X6	514-331-2572
CLSC Saint-Laurent (part of the CSSS Bordeaux-Cartierville-Saint-Laurent) 1055, avenue Sainte-Croix, Saint-Laurent, H4L 3Z2	514-748-6400
CLSC La Petite-Patrie (part of the CSSS du Coeur-de-l'Île) 6520, rue Saint-Vallier, Montréal H2S 2P7	514-273-4508

CLSC de Villeray (part of the CSSS du Coeur-de-l'Île) 1425, rue Jarry Est, Montreal, H2E 1A7	514-376-4141
CLSC de Mercier-Est—Anjou (part of the CSSS de la Pointe-de-l'Île) 9503, rue Sherbrooke Est, Montréal, H1L 6P2	514-356-2572
CLSC de Pointe-aux-Trembles-Montréal-Est (part of the CSSS de la Pointe-de-l'Île) 13926, rue Notre-Dame East, Montreal, H1A 1T5	514-642-4050
CLSC Rivière-des-Prairies (part of the CSSS de la Pointe-de-l'Île) 8655, boulevard Perras, Montréal, H1E 4M7	514-494-4924
CLSC Saint-Léonard (part of the CSSS de Saint-Léonard and Saint-Michel) 5540, rue Jarry Est, Saint-Leonard, H1P 1T9	514-328-3460
CLSC Saint-Michel (part of the CSSS de Saint-Léonard and Saint-Michel) 3355 Rue Jarry Est, Montreal, H1Z 2E5	514-374-8223
CLSC Hochelaga-Maisonneuve (part of the CSSS Lucille-Teasdale) 4201, rue Ontario Est, Montreal, H1V 1K2	514-253-2181
CLSC Olivier-Guimond (part of the CSSS Lucille-Teasdale) 5810, rue Sherbrooke East, Montreal, H1N 1B2	514-255-2365
CLSC de Rosemont (part of CSSS Lucille-Teasdale) 2909 rue Rachek Est, Montreal, H1W 0A9	514-524-3541

Anxiety Disorders

Books, Manuals and Web Sites

Panic Disorder & Agoraphobia

- Barlow, D., & Craske, M. (2006). *Mastery of your anxiety and panic.*
- Antony, M., & McCabe, R. (2004). *10 Simple solutions to panic: How to overcome panic attacks, calm physical symptoms, & reclaim your life.*
- Craske, M. (2000). *Mastery of your anxiety and panic (MAP-3): Client workbook for agoraphobia.*
- Rachman, S. & de Silva, P. (2004). *Panic disorder: The facts.*
- <http://www.anxietynetwork.com>

Social Phobia

- Antony, M. (2004). *10 Simple solutions to shyness: How to overcome shyness, social anxiety, and fear of public speaking.*
- Hope, D., Heimberg, R., Juster, H., & Turk, C. (2004). *Managing social anxiety: A cognitive-behavioral therapy approach client workbook.*
- Markway, B., & Markway, G. (2003). *Painfully shy: How to overcome social anxiety and reclaim your life.*
- Stein, M., & Walker, J. (2003). *Triumph over shyness.*
- Antony, M. & Swinson, R. (2000). *The shyness & social anxiety workbook: Proven techniques for overcoming your fears.*
- <http://www.socialphobia.org/>

General Anxiety Disorder

- Craske, M., & Barlow, D.H. (2006). *Mastery of your anxiety & worry.*
- Heinburg, R., Turk, C., & Mennin, D. (2004). *Generalized anxiety disorder: Advances in research and practice.*
- Nutt, D., Argyropoulos, S., & Forshall, S. (1998). *Generalized anxiety disorder: Diagnosis, treatment and its relationship to other anxiety disorders.*
- <http://www.adaa.org/understanding-anxiety/generalized-anxiety-disorder-gad>

Obsessive Compulsive Disorder

- Bell, J. (2007). *Rewind, replay, repeat : A memoir of obsessive-compulsive disorder.*
- Gius, M. (2006). *Living with severe obsessive compulsive disorder.*
- Landman, K. J., Rupertus, K. M. & Pedrick, C. (2005). *Loving someone with OCD: Help for you & your family.*
- Hyman, B., & Pedrick, C. (2005). *The OCD workbook: Your guide to breaking free from Obsessive-compulsive disorder.*
- O'Connor, K., Aardema, F. & Pélissier, M.-C. (2005). *Beyond reasonable doubt: reasoning processes in obsessive-compulsive and related disorders.*
- Purdon, C., & Clark, D.A. (2005). *Overcoming obsessive thoughts: How to gain control of your OCD.*
- De Silva, P., & Rachman, S. (2009). *Obsessive compulsive disorder: The facts. (4th ed.)*
- Baer, L. (2002). *The importance of the mind: Exploring the silent epidemic of obsessive bad thoughts.*
- Foa, E. & Wilson, R. (2001). *Stop obsessing: How to overcome your obsessions and compulsions (Revised edition).*
- Baer, L. (2000). *Getting control: Overcoming your obsessions and compulsions (Revised edition).*
- Steketee, G. (1999). *Overcoming obsessive-compulsive disorder.*

Steketee, G. & White, K. (1998). *When once is not enough: Help for obsessive compulsives*.
 Baer, L. & Rapaport, J. (1992). *Getting control: Overcoming your obsessions and compulsions*.

<http://www.fgtoc.com/>

<http://understanding OCD.tripod.com/index.html>

<http://www.ocfoundation.org/>

Depression

Williams, J.M.G., Teasdale, J.D., Segal, Z.V., & Kabat-Zinn, J. (2007). *The mindful way through depression: Freeing yourself from chronic unhappiness (includes audio CD)*.

Knauss, W.J., & Ellis, A. (2006). *The cognitive behavioral workbook for depression: A step-by-step program*.

Bieling, P., & Antony, M. (2003). *Ending the depression cycle: A step-by-step guide for preventing relapse*.

Minirth, F. B., Meier, P. D. (2002). *Happiness Is a Choice: The Symptoms, Causes & Cures of Depression*.

Gilbert, P. (2001). *Overcoming Depression: A step-by-step approach to gaining control over depression*.

Kramlinger, K., & Mayo Clinic. (2001). *Mayo Clinic on depression: Answers to help you understand recognize and manage depression*.

American Medical Association (2000). *AMA Essential guide depression*.

Burns, D. (1999). *The feeling good handbook*.

De Paulo, R. J. (1996). *How to Cope with Depression*.

Greenberger, D., & Padesky, C. (1995). *Mind over mood: Change the way you feel by changing the way you think*.

Klerman, G. L. (1995). *Interpersonal psychotherapy of depression: A brief, focused, specific strategy*.

Seligman, M. E. (1992). *Helplessness: On depression, development, & death*.

Beck, A. T. (1972). *Depression: Causes & Treatment*. –Book & Video

<http://www.mooddisorderscanada.ca/index.php>

<http://www.depressionalliance.org/>

<http://www.depressionscreen.org/>

<http://psychcentral.com/disorders/depression/>